

**Version With Markings To Show Changes Made:**

IN THE SPECIFICATION:

ABSTRACT OF THE DISCLOSURE

~~The present invention relates generally to force detection in limbs, and more specifically to a~~ A device and method to detect force and provide feedback to a runner or jogger so that the person can judge whether to adjust his or her stride in order to lessen the impact on his or her body. The ~~apparatus~~ device includes a ~~body force alarming apparatus comprising~~ a housing, a power supply, a piezo sensor, a controller, and an output generator, ~~wherein said~~ The piezo sensor is accommodated within a user's shoe and is connected to the controller, and the ~~wherein~~ ~~said piezo sensor, controller and said output generator are connected to said power supply,~~ ~~wherein said~~ controller, output generator and power supply are accommodated within ~~said~~ the housing, ~~wherein said~~ The controller is connected to the ~~said~~ output generator so that it, ~~wherein~~ ~~said controller~~ is set to generate a signal to the output generator when a threshold level of force signal is received from the ~~said~~ piezo sensor, ~~wherein said~~ The sensor signals ~~said~~ the controller when force from an impact is applied to ~~said~~ the piezo sensor, ~~wherein said~~ and the controller signals ~~said~~ the output generator when one or more signals indicating threshold levels of force have been reached, and the ~~wherein said~~ output generator generates a perceivable signal in response to the controller's one or more ~~a signals. from said controller.~~